

The background of the entire image is a dense layer of autumn leaves in various shades of yellow, orange, and red, with some green grass visible at the bottom. The text is overlaid on this background.

# **Fisher Road School Newsletter**

# **2022**

# **Term 2**

# **Week 05**



## **Dates To Remember**

**30 May Reconciliation Week**

**1 July Last Day of School**

**19 July School Resumes**

---

## **A MESSAGE FROM OUR PRINCIPAL**

**I would like to thank Katy Hair and Samantha Arnison for their hard work and time on the P & C over the years. They have resigned from their positions and I am sure the school community are very thankful for them taking on these roles for longer than the nominated terms of office. A big thank you to Asato Tanaka- the new P & C President, and Matthew Tonkin, the P & C Secretary and Vicki Taylor who has remained our wonderful Treasurer.**

**We are putting together a document of service providers and support services. I would be grateful if you could send me the details of any services you use that I could include. I am always being asked by parents who they could contact for holiday programs or carer services. It would be fabulous to have all the information in one place for parents. Please email me at [arianne.mccombie@det.nsw.edu.au](mailto:arianne.mccombie@det.nsw.edu.au) with the name of the organisation and if possible a contact email or telephone number.**

**Grace City Church generously donated \$7000 to help purchase resources for the two preschool rooms. Thank you Grace City Church. We have bought soft, magnetic building blocks and burrows for the students to help meet their sensory needs.**

**Arianne McCombie**

# **Exciting News**

## **Dates to be advised**

**Next term we would like to have an informative evening delivering information about NDIS tips and tricks.**

**Fisher Road School will be having a coffee morning for our parents and Carers. This is an opportunity for all to catch up and chat.**

**Lastly we will have a speaker provide information about visuals and visual schedules and their benefits to our wonderful students.**

# **From the Office**

IMPORTANT

ALL PARENTS,CARERS &  
TRANSPORT STAFF

NO ONE IS TO WALK INTO THE  
SCHOOL GROUNDS VIA THE  
DRIVE-IN GATE.

PLEASE USE THE PEDESTRIAN  
GATE, LEADING TO THE OFFICE  
FOYER, TO ENTER THE SCHOOL  
GROUNDS.



# **From the Office**

## **School Uniforms**

**A reminder you can purchase the Royal blue long and short sleeved school shirts from Instyle Workwear -Dee Why, they can add the emblem or you can purchase shirts from eg Target - long sleeve polo shirts \$8 - short sleeve \$6.00, then have the emblem sewn on by Instyle Workwear. Students can wear grey shorts or long trousers - Students can purchase dresses & skorts through Pickles School Wear 9905 2711 - these are the same uniform as Balgowlah North Public School <https://www.picklesschoolwear.com/school/balgowlah-north-public-school> Alternatively - blue or grey shorts or skorts from most department stores.**

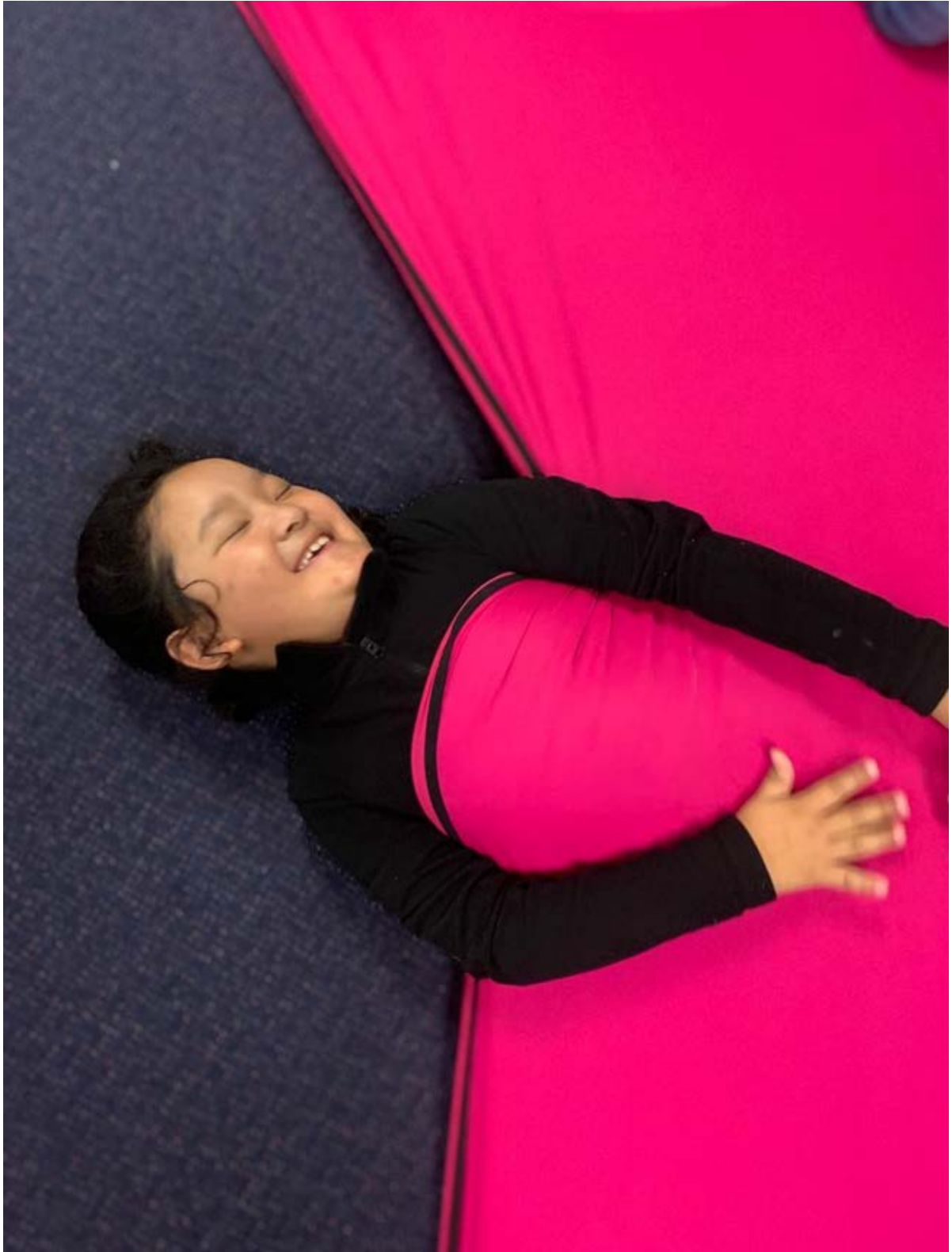
# **Sorry**

**After discussion with the  
P & C it was decided to  
cancel the garage sale**

**Thank you  
Grace City Church -  
The New Jolly Heap  
Magnetic Building Blocks**



**Thank you**  
**Grace City Church -**  
**The New Burrow**





# CLASS SL

A big thank you to the Variety Club for sponsoring our fun day out at Mini-putt putt golf, in Warriewood, last Friday. After a robust 9-holes, we stopped for biscuits, juice and a break in the sun. It was such a lovely day.

We have also settled into our new routine at Cromer Public School. Our morning is taken up getting there, doing morning circle and completing our literacy and numeracy. After recess, we spend time with Billy and Tiago's new class, learning about the Aboriginal people and the convict settlers, for History. Lunchtime is a whole hour of play and Riley and Edgar have been enjoying the sandpit, while Fred and Sai have liked the 'quiet play' area.

Back at FRS, we have been having some fun exploring technology and having a go with the Virtual Reality equipment. James, Riley and Sam were excited to take a roller coaster ride through Jurassic park, which supported our science theme for this semester, dinosaurs.

Sandy, Sue and Nanaako







# CLASS CJ

With the weather finally providing us with some sunshine we are making the most of our new deck. It has helped us become creative with our sensory play and you will often find it coated in shaving cream; the result of a session full of smiling faces, particularly Alexandra.

Over to cooking. Somewhat habitual with our recipe selection but our vegetable slice is a favourite with the entire class. We look forward to Fridays each week just to indulge in a piece (or many as in Dylan and Jasper's case) of this delicious lunchtime snack. Thought you might like the recipe so here it is.

1 cup SR Flour

5 eggs

1 cup tasty cheese

¼ cup vegetable oil

1 zucchini

1 carrot

Corn kernels (optional)

Mix all ingredients together. Put into a greased & lined lamington tin. Bake approx. 30mins @170degrees.

Our bus trips continue twice a week. Lachie has now put it as his No1 superseding the sensory room. We had a recent visit from a furry friend, Misty the groodle, who stopped by the bus to say hello to the students. She was a winner and plans to be back again.

Chris, Jen & Lauren.





# CLASS KA



**Class KA does an excellent job of helping around our school with various jobs that include, the recycling and compost program, feeding the chooks and delivering, collecting and washing tea towels and tabards to classrooms. Another important job we do is to shop for our school canteen.**

**Whitney carefully writes out the shopping list on Monday mornings and then we head to Woolies at Balgowlah. Once inside the students split into 2 groups. Charlii and Ruby love to push a trolley around the store and help pick items off the shelves. Sekayi is great at locating needed items from a visual shopping list and counting out how many we need. Whitney can complete her list with minimal assistance and will even locate a shop assistant to ask for help if needed. She is learning to look at price tags to work out which is the best value.**

**When we have checked that we have everything we need, the girls go to the self-service checkouts and are learning to scan and pack our items and pay using notes and coins.**

**Once back at school the students help with unpacking the shopping and make sure it is in the right place ready for the Canteen on Friday.**

**Kari, Ashley, Anat & Nanaako**

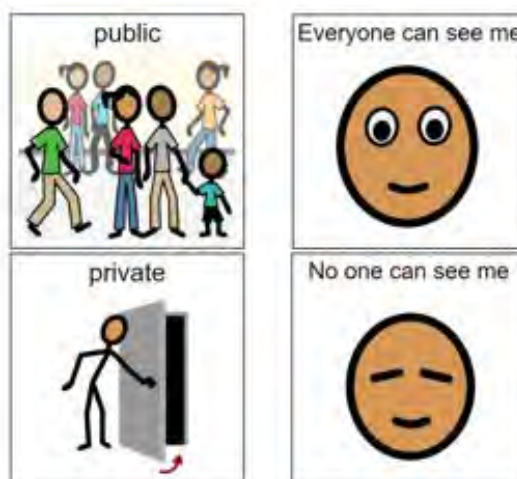
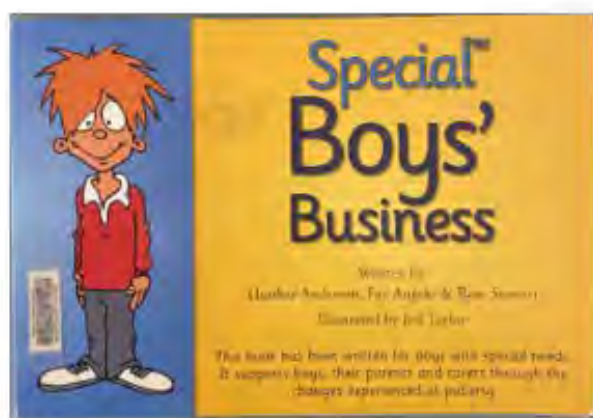


# CLASS KF & MT

This term in class KF and MT we have been learning about our bodies in the All About Me topic. We started off revising the Public and Private places around the school and home and the different activities you can or can not do in these places. To help with learning, we are using the Key Word Sign and PC symbol, for Public and Private ( see attached). We have learnt about Public and private body parts and the differences between male and female bodies.

We have been using the book **Special Boys Business** by Heather Anderson, Fay Angelo and Rose Stewart to help the boys understand the changes they are going through with Puberty. Any parent who would like to borrow this book to read through with your child is most welcome.

Fran, Alena, Matt and Jenny





# CLASS LT

With the sun finally shining, Class LT have started a weekly bush walk at Stoney Range Reserve. We all enjoyed the rainforest walk, looking for insects and trying to identify the different types of plants. There were opportunities to feel the different surfaces of trees, smell the fragrance of different plants and listen to the different sounds that birds make. There was even a playground area under a canopy of the trees. We are looking forward to more sunny days and opportunities to explore the wonders of nature.

Lainie, Tahlia, Carmel & Sue





# CLASS SB

**Class SB have been loving our new Jolly Heap building blocks. These are a great multifunctional toy and educational tool which provide hours of fun. They stimulate various thinking forms to preschoolers as well as younger students, they arouse their curiosity, encourage them to develop their interests - which in many areas stimulate the child's intellectual development! We have had lots of fun building towers, houses, walls and abstract designs which we also love to demolish! New toys are always a big hit in Class SB.**

**Sally, Justine and Nanaako**





# CLASS TH



**We have Alfie ripping it up in his walker, he's also transitioning well from his wheelchair into his standing frame, which is fantastic. Then we have George jumping out of his seat to walk around in class!! Love seeing him energized and he shows us he does too! Tayla our giggly girl enjoys transitioning from her chair to the floor and her standing frame & change bed, she also loves flying high on the liberty swing. Our boy Logan loves just moving freely and also spending time in the gravity chair, lastly Rafaela has the dance moves !! she loves to entertain us with them even when riding her bike. There is always fun & lots of action in Class TH.**





# CLASS VR

This term, Class VR continued with the theme of 'The Seasons' so Autumn has been our focus. We have been painting leaf shapes in the beautiful Autumn colours of orange, brown, yellow and red. We made a tree using a cardboard cylinder and branches and are decorating the branches with our coloured leaves. Sometimes a leaf or two might delight us by falling off our tree; just like real autumn leaves fall to the ground.

Luca, Kanga, Mia and Celine have all happily embraced the theme using rollers to paint and Leggo shapes dipped in paint to stamp and produce some lovely artwork displayed on our Theme board in the classroom. We have glued some of the leaves to thank you cards which will be used by our office staff to thank our various supporters. We continue with our exercise program and at times have used the 'glass area' to provide our students with a different selection of equipment to keep up their interest in this important program. The walkers, bean bag targeting, and an obstacle course have proven popular.

Virginia, Mandy and Carmel.

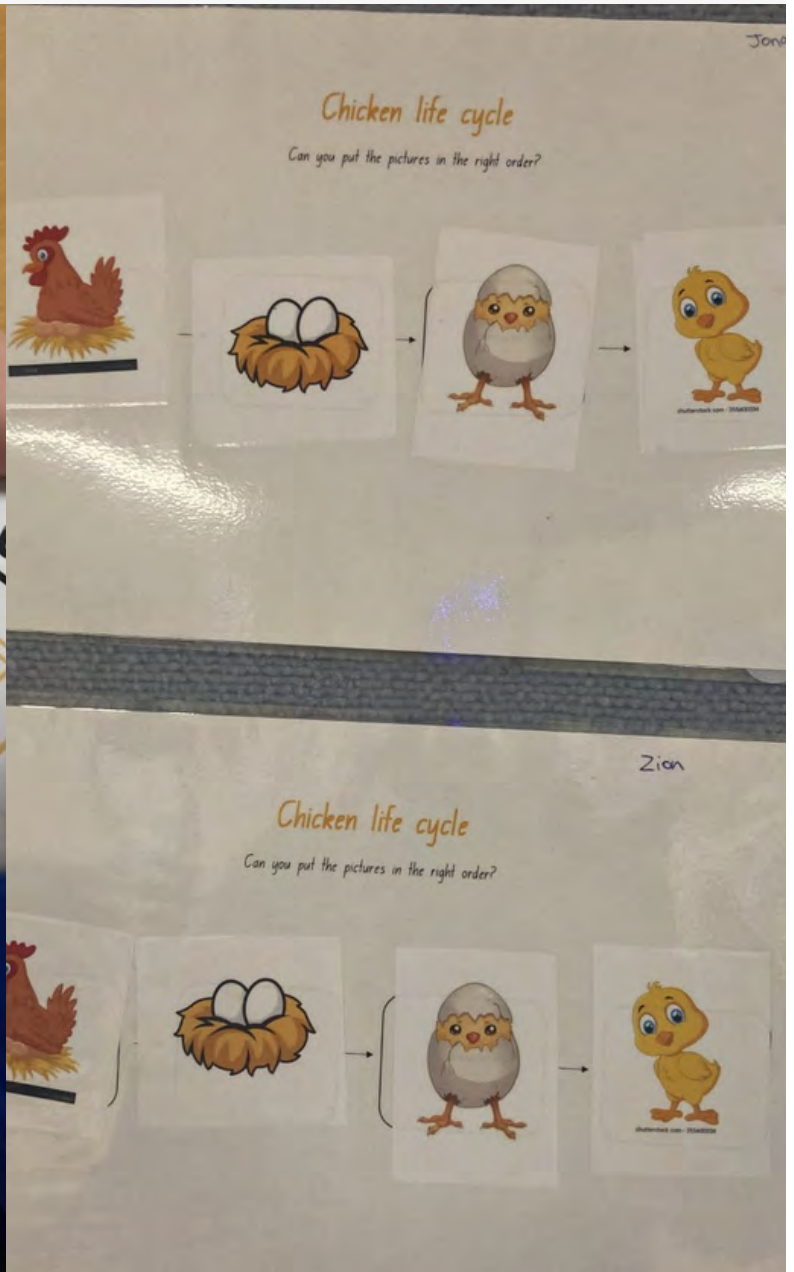




# CLASS CL

Class CL has a fun packed term ahead of them! We are continuing to use proloquo2go in play-based learning to enhance speech throughout a day-to-day basis. This involves us modelling phrases to the students such as 'good morning' or 'I want' resulting in students gaining confidence when using the device. Excitingly, we are also going to be receiving chicken eggs where students can learn about their life cycle and caring for another form of life. Our focus will be on sharing responsibilities, learning to be gentle and watching something grow from egg to chick to chicken. Students have already begun learning about chickens in their TEACCH programs and will be prepared for the exciting adventure ahead of them! Throughout the TEACCH program this term students will largely focus on phonological awareness and sight words which we have already seen as a great success in moving into first reader books! Looking forward to more achievements throughout the term.

Caroline, Laura and Ebony





# CLASS MP

In term 1, Jude always laughs and giggles whenever we speak about the people who went to the circus with him. This term, we thought we should find out more about what is a circus and what happens in a circus. Our class started finding out more information about "The Circus" and Jude is reminded of the time he and Isla went to a circus show. He talked about clowns and princesses, so in our quest for knowledge about this topic we read about the entertainers such as the clowns, the acrobats, the trapeze artists, the animal handlers/trainers and more. We also watched a variety of acts such as clowns juggling, animals doing tricks, acrobatics and humorous stunt shows. We listened to uptempo music of marches and waltzes but best of all, we got to watch our John do mural paintings of some of the best circus characters. So, come one come all and experience the exhilarating wonders of the circus in Class MP's big top.

Maria, Sam and John





# Birthday News

Happy 13th Birthday Tiella-Dakota





# Birthday News

Happy 13th Birthday Isla





# Birthday News

Happy 15th Birthday Tommy





# Birthday News

Happy 8th Birthday James





# Birthday News

Happy 10th Birthday Celine





# Birthday News

Happy 6th Birthday Jonathon





# Birthday News

Happy 17th Birthday Liam





# Birthday News

Happy 15th Birthday Aidan





# Birthday News

Happy 14th Birthday Lucas





# Birthday News

Happy 15<sup>th</sup> Birthday Mack





# Birthday News

Happy 7th Birthday Sam





# Birthday News

Happy 7th Birthday Metok





# Ability Options

## Holiday Programs

### July 2022 - School Holiday Program

**\*Please note program and costs are subject to change**

**\*\*7.5 hours NDIS support costs additional to the below activity cost. Support costs are on either a 1:1 or 1:3 ratio subject to your current service booking.**

Week 1	830am -4pm	Date	Cost	Attendance
<b>Naidoc Week at the Maritime Museum</b> We join the Maritime Museum to celebrate Naidoc week together. After enjoying a morning of education and craft, we'll step inside some of the vessels we see in the water.		Monday 4 <sup>th</sup> July	\$27.00 	<input type="checkbox"/>
<b>Amazement Farm and Fun</b> Run the maze, pat the animals, hop on a train ride or spot the koi in the pond. We hit the Central Coast for a big adventure day out.		Tuesday 5 <sup>th</sup> July	\$39 	<input type="checkbox"/>
<b>Naidoc Week Craft – In Centre</b> Get your craft on as we celebrate Naidoc week with lots of craft activities.		Wednesday 6 <sup>th</sup> July	\$15 	<input type="checkbox"/>
<b>Cooking at One Meal</b> The local community needs our help and our Ability Options super helpers are ready to take on the challenge. Today we help One Meal (a local food relief provider) prepare food parcels and make some healthy meals to hand out to our Northern Beaches Community. Everyone will receive a certificate in volunteering for their assistance.		Thursday 7 <sup>th</sup> July	\$15 	<input type="checkbox"/>
				<input type="checkbox"/>



## Ice Skating and hot chocolate

Bring your warm woollies as we hit the ice and learn how to skate. Defrost later with a warm hot chocolate ...yum 😊

Additional hire for a penguin balance and support frame \$8.

Friday 8<sup>th</sup> July

\$44 + additional \$8  
if requiring a  
penguin.



Week 2

830am -4pm

Date

Cost

Attendance

## Jennifer Street Board walk

All accessible bush walk around La Perouse takes us in search of the Banksia bushes and New Holland Honey Eaters. We then set off in search of seals on the headlands (not always there) before settling into our BBQ lunch.

Monday 11<sup>th</sup>  
July

\$20



## Bites and Culture treasure Hunt

This exciting treasure hunt guided by the Kultura Trail will get your minds working as we decipher cryptic clues and riddles through China Town. Each stop we must complete the task before we move to the next! Can you complete all 10?

Tuesday 12<sup>th</sup>  
July

\$25



## Lights, camera Action

Get your acting caps on because you will be starring in our own 'The Magic Coin and the lemonade stand'

Wednesday  
13<sup>th</sup> July

\$15



## Aqua golf and donut decorating

Find a target sitting in the water, and that's the spot your aiming for. Your hips will need a rest from swimming so get those fingers wiggling as we head to Krispy Kreme for donut decorating and watch how they are made.

Thursday 14<sup>th</sup>  
July

\$ 30



### House Down Under

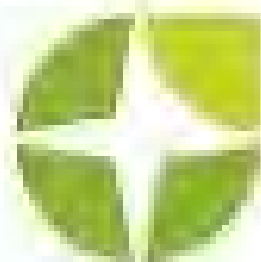
Defy gravity as we go upside down in a topsy-turvy house. This sure is one kooky experience.

Friday 15<sup>th</sup> July

\$35



# AbilityOptions



**Jayne Parums**

**Team Leader - Disability Services**

**Suite 1.1, 694-696 Pittwater Rd**

**Brookvale NSW 2100**

**M: 0437 422 121**

**F: (02) 8811 1788**

**E: [Jayne.Parums@abilityoptions.org.au](mailto:Jayne.Parums@abilityoptions.org.au)**

**[abilityoptions.org.au](http://abilityoptions.org.au)**





## WELCOME TO ABILITY FIT CO

PROVIDING A FUN YET EMPOWERING SPACE FOR MOVEMENT OF ALL ABILITIES

### OUR VISION

Better well-being for people of all Abilities, through lighthearted movement and fun education. Ability Fit will lift spirits during classes and raise awareness of what it really means to move well.

### WHAT WE OFFER

#### FACE TO FACE TRAINING:



WHERE EMPHASIS IS ON VERY PERSONAL GOALS , WE HAVE AN ALL INCLUSIVE SAFE SPACE WHERE WE CAN FOCUS ON STRENGTH TRAINING USING MACHINES AND FREE WEIGHTS. LEARN BOXING SKILLS, IMPROVE STABILITY AND MOBILITY ALONG WITH CARDIOVASCULAR HEALTH. ADVICE AND GUIDANCE OF NUTRITION IS ALSO AVAILABLE .

#### ONLINE FITNESS CLASSES:

# CARERS CAFÉ

at the

## LOUNGE

**A place where  
parents and carers  
of someone living  
with a disability  
share experiences  
and  
form friendships.**

**End of Month on a Friday**

**Next meeting 27th May 2022  
9.30-11.30am**



**Cromer Community Centre**  
**50 Fisher Rd N**



**For more information contact our friendly team  
on (02)8976 2850  
[nbiservice@abilityoptions.org.au](mailto:nbiservice@abilityoptions.org.au)**



# IS YOUR CHILD'S WHEELCHAIR COMFORTABLE & SAFE?



Call us on 1300 582 022 to arrange a complete service of your child's wheelchair - hassle free at school service option available.

- Growth adjustments
- New belts & harnesses
- Service, Repairs & parts replacement



REGISTERED  
NDIS PROVIDER

**1300 582 022**

[info@alkiraservices.com.au](mailto:info@alkiraservices.com.au)  
[alkirawheelchairservices.com.au](http://alkirawheelchairservices.com.au)

# After School Care at Fisher Road School



**THE LEARNING  
TREE**  
Northern Beaches

Registered  
NDIS  
provider



**Sunnyfield**  
disAbility Services



- Monday - Friday
- 3pm - 6pm (NSW school terms)

Based in a relaxed and inclusive setting at Fisher Road School in the Northern Beaches. The Learning Tree is an after-school care program for young people with disability aged 7 - 17.

The Learning Tree incorporates health, fitness, Skills for Life and recreational activities.

**Participants will be supported to:**

- Use their voice and foster self-belief
- Take part in new experiences
- Learn new skills
- Lead and mentor peers

For more information contact  
Michelle Cunningham  
T 0466 481 155  
E [enquiries@sunnyfield.org.au](mailto:enquiries@sunnyfield.org.au)  
[www.sunnyfield.org.au](http://www.sunnyfield.org.au)

© November 2020 Sunnyfield  
ISO 9001:2015 Quality  
Management System  
4894 72-000-415-1/1  
Quality (and more)  
Number 1/915

Registered  
NDIS  
provider



**Sunnyfield**  
For a brighter future



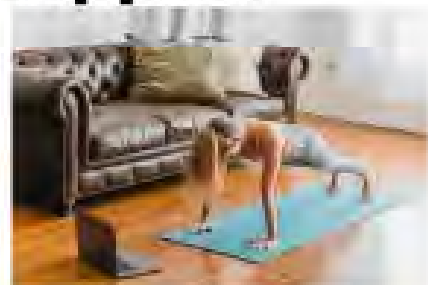
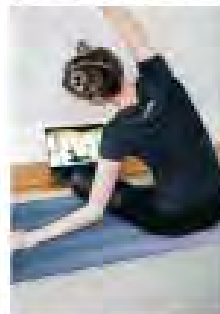
<https://www.abilityfit.com.au/>

Claim your  
**FREE TRIAL!**

"Because  
Life Doesn't  
Stop."

**AF**  
**ABILITYFIT**

## Online Exercise Support



### Build Self-Confidence



### Build Friendship

### Have Fun



Web: <https://www.abilityfit.com.au/> Facebook: [Ability Fit Co.-ll](#)

Email: [support@abilityfit.com.au](mailto:support@abilityfit.com.au) Mobile: +61 423 870 165

**I AM KIND**

**I AM BRAVE**

**I AM STRONG**

**I AM CONFIDENT**

**I AM LOVED**

**I AM GRATEFUL**

**I AM ENOUGH**